

Fitness classes for Fall term

Make sure to get a jump on Fall term schedule for PEA fitness classes.

PEA 180 cycling, crn 1579... this class is for any level of fitness, learn correct bike fit , periodized training, exploring endurance, strength and power, and lots of fun and great music. This class flies by. Offered on MW 12:30-1:20 . Only 14 bikes available.

PEA 180 weightlifting, crn 1592... a class for all levels. Learn the 7 essential movements for weight training and functional exercise. This class includes blending of all the rec center has to offer, plus body weight training, weight lifting, and functional strength and mobility.

Offered on TTh at 11:30-12:20.

PEA 180 Yoga-Pilates , crn 1590, a great class for all levels. A Fusion of two great practices , plus the addition of corrective stretching and core strength at the center of all movement shapes and forms.

Offered MW at 1:30-2:20.

(All classes taught by Jodi Marthaller)